



Baked Macaroni and Cheese III

READY IN



45 min.

SERVINGS



10

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 eggs
- ☐ 16 ounce elbow macaroni
- ☐ 0.5 cup evaporated milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon seasoning salt
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour

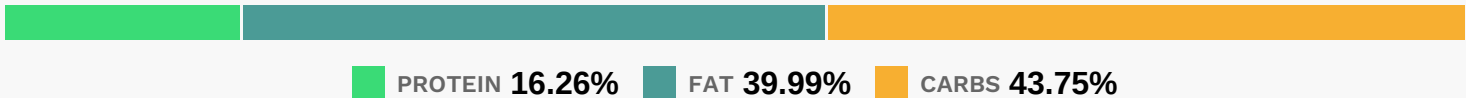
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.
- ☐ In a bowl mix milk, eggs, sour cream, seasoning salt, and pepper.
- ☐ Layer macaroni, cheddar cheese, and milk mixture until pan is full.
- ☐ Sprinkle Parmesan cheese and pour melted butter on top.
- ☐ Bake in a preheated oven for 20 to 30 minutes or until milk mixture is done.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:10.126521802467%

Nutrients (% of daily need)

Calories: 343.28kcal (17.16%), Fat: 15.18g (23.35%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 35.87g (13.04%), Sugar: 3.34g (3.71%), Cholesterol: 74.08mg (24.69%), Sodium: 475.53mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.77%), Selenium: 39.06µg (55.81%), Phosphorus: 255.79mg (25.58%), Calcium: 235.21mg (23.52%), Manganese: 0.44mg (22.05%), Vitamin B2: 0.24mg (14%), Zinc: 1.77mg (11.78%), Vitamin A: 467.55IU (9.35%), Magnesium: 36.92mg (9.23%), Copper: 0.15mg (7.63%), Vitamin B12: 0.4µg (6.59%), Fiber: 1.48g (5.91%), Potassium: 203.79mg (5.82%), Vitamin B5: 0.58mg (5.76%), Vitamin B6: 0.11mg (5.55%), Iron: 0.85mg (4.69%), Folate: 18.59µg (4.65%), Vitamin B3: 0.84mg (4.19%), Vitamin B1: 0.06mg (4.08%), Vitamin E: 0.43mg (2.9%), Vitamin D: 0.32µg (2.1%), Vitamin K: 1.24µg (1.18%)